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HELP PREVENT THE FLU BY GETTING A FLU SHOT

Flu shots available at the Florida Department of Health in Santa Rosa County



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Milton, FL – Flu vaccine for the 2015-2016 flu season will be available at the Florida Department of Health Milton location beginning Thursday, October 1. Getting an annual flu shot is one of the easiest ways to help prevent the flu. The vaccine is safe and recommended for everyone over the age of 6 months, including those with chronic diseases, compromised immune systems, the elderly and women who are pregnant or planning to become pregnant. Since infants under the age of 6 months are too young to get a flu shot, it is important that family members and care givers get a flu shot to help protect them from getting the disease.

The vaccine being offered at the health department is Quadrivalent Vaccine, which protects against four different strains of flu, two Type A and two Type B. The fee is \$32.00 for self-pay clients and is covered by Medicare Part B, for those who are eligible, Cigna, Blue Cross/Blue shield, United HealthCare and Tricare Standard. Clients are asked to bring their insurance cards with them. A limited amount of vaccine is available for children ages 6 months through 18 years at no charge through the Vaccines for Children Program. Flu mist is also available. Parents are advised to call the clinic in advance to find out if the free vaccine or mist is available before bringing children to the clinic.

Clinic hours at the Milton location, 5527 Stewart Street, are Monday and Thursday 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 3:30 p.m. The Immunization Clinic at the Midway location is not open at this time.

In addition to getting an annual flu shot, the Florida Department of Health also recommends taking these simple precautions:

- Wash hands frequently with soap and warm water or use an alcohol based hand sanitizer if soap and water are not available.
- Cover coughs and sneezes with a disposable tissue or sneeze or cough into your sleeve.
- Stay at home if you are sick, except to see your health care provider, until free of fever for 24 hours without the use of fever reducing medications. Children who are sick should be kept home from school or day care.

For more information about services available at the Florida Department of Health in Santa Rosa County, go to <http://santarosa.floridahealth.gov/index.html>.

For more information on the flu and flu vaccines, visit the Centers for Disease Control (CDC) website at <http://www.cdc.gov/features/flu/index.html>.

About the Florida Department of Health

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